

Green Belt Training Manual

Japanese Name – Gokyu (5th Level)



The GREEN BELT symbolizes the growth of the seed as it sprouts from the earth reaching towards the heavens as it matures into its adult form.

The seed cultivates and begins to define itself within nature. It is developing comfort within its space and looks to understand its function to the world around it.

The Green Belt is beginning to develop within the aspects of the art that best relate to him/her. The vastness of the Martial Arts becomes individualized by how each student uniquely expresses it.

NAME: _____

STARTING DATE: _____

GOAL TEST DATE: _____



Kempo Fundamentals(Basics)



KEMPO FUNDAMENTALS (BASICS)

STANCES

_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

STRIKES

_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

KEMPO FUNDAMENTALS (BASICS)

STANCES (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

STRIKES (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

KEMPO FUNDAMENTALS (BASICS)

KICKS

Wheel Kick	Learned <input type="checkbox"/>	In Progress <input type="checkbox"/>	Test Ready <input type="checkbox"/>
_____	Learned <input type="checkbox"/>	In Progress <input type="checkbox"/>	Test Ready <input type="checkbox"/>
_____	Learned <input type="checkbox"/>	In Progress <input type="checkbox"/>	Test Ready <input type="checkbox"/>
_____	Learned <input type="checkbox"/>	In Progress <input type="checkbox"/>	Test Ready <input type="checkbox"/>
_____	Learned <input type="checkbox"/>	In Progress <input type="checkbox"/>	Test Ready <input type="checkbox"/>
_____	Learned <input type="checkbox"/>	In Progress <input type="checkbox"/>	Test Ready <input type="checkbox"/>

MOVEMENT

_____	Learned <input type="checkbox"/>	In Progress <input type="checkbox"/>	Test Ready <input type="checkbox"/>
_____	Learned <input type="checkbox"/>	In Progress <input type="checkbox"/>	Test Ready <input type="checkbox"/>
_____	Learned <input type="checkbox"/>	In Progress <input type="checkbox"/>	Test Ready <input type="checkbox"/>
_____	Learned <input type="checkbox"/>	In Progress <input type="checkbox"/>	Test Ready <input type="checkbox"/>
_____	Learned <input type="checkbox"/>	In Progress <input type="checkbox"/>	Test Ready <input type="checkbox"/>
_____	Learned <input type="checkbox"/>	In Progress <input type="checkbox"/>	Test Ready <input type="checkbox"/>

KEMPO FUNDAMENTALS (BASICS)

KICKS (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

MOVEMENT (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

KEMPO FUNDAMENTALS (BASICS)

BLOCKING

10 Pt / Practical Application	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Open 8 Pt / On Counters	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

TAKEDOWNS/THROWS/LOCKS

Opposing Forces	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Sailor's Knot Takedown	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Reverse Wrist Lock	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

KEMPO FUNDAMENTALS (BASICS)

BLOCKING (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

TAKEDOWNS/THROWS/LOCKS (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____



Kempo Material



KEMPO MATERIAL

FORMS/KATAS

2 Man Fist - North	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
3 Kata	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

DEFENSE MANEUVERS (DM'S)

DM #16	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
DM #17	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

KEMPO MATERIAL

FORMS/KATAS (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

DEFENSE MANEUVERS (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

KEMPO MATERIAL

KEMPO PUNCH TECHNIQUES

_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

GRAB DEFENSES

_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

KEMPO MATERIAL

KEMPO PUNCH TECHNIQUES (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

GRAB DEFENSES (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

KEMPO MATERIAL

WEAPON DEFENSES

_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

SPARRING TECHNIQUES

_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

KEMPO MATERIAL

WEAPON DEFENSES (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

SPARRING TECHNIQUES (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____



Skill Development Drills



SKILL DEVELOPMENT DRILLS

STRIKING DEVELOPMENT

Comb. Striking – LVL 6 (Ser 1)	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Comb. Striking – LVL 7 (Ser 1)	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Comb. Striking – LVL 6 (Ser 2)	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Comb. Striking – LVL 7 (Ser 2)	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

KICKING DEVELOPMENT

Combination Kicking – LVL 11	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Combination Kicking – LVL 12	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

SKILL DEVELOPMENT DRILLS

STRIKING DEVELOPMENT (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

KICKING DEVELOPMENT (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

SKILL DEVELOPMENT DRILLS

STANCE/MOVEMENT DEVELOPMENT

_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

BLOCKING DEVELOPMENT

8 Pt Blocking – Level 11	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
8 Pt Blocking – Level 12	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

SKILL DEVELOPMENT DRILLS

STANCE/MOVEMENT DEVELOPMENT (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

BLOCKING DEVELOPMENT (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____



Additional Requirements



PAST BELT REQUIREMENTS



Belt Fundamentals

Belt Material

Belt Skill Level



Belt Fundamentals

Belt Material

Belt Skill Level



Belt Fundamentals

Belt Material

Belt Skill Level



Belt Fundamentals

Belt Material

Belt Skill Level



Belt Fundamentals

Belt Material

Belt Skill Level



Belt Fundamentals

Belt Material

Belt Skill Level

Belt Requirement Notes

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

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Date: _____

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Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Fitness Requirements

STRENGTH BUILDING

 Baseline: _____ Goal: _____

 Baseline: _____ Goal: _____

 Baseline: _____ Goal: _____

 Baseline: _____ Goal: _____

FLEXIBILITY IMPROVEMENT

 Baseline: _____ Goal: _____

 Baseline: _____ Goal: _____

 Baseline: _____ Goal: _____

 Baseline: _____ Goal: _____

CARDIOVASCULAR DEVELOPMENT

 Baseline: _____ Goal: _____

 Baseline: _____ Goal: _____

 Baseline: _____ Goal: _____

 Baseline: _____ Goal: _____

AGILITY TRAINING

 Baseline: _____ Goal: _____

 Baseline: _____ Goal: _____

 Baseline: _____ Goal: _____

 Baseline: _____ Goal: _____

Fitness Notes

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Lesson Plans

STUDIO LESSON PLAN

Date / Instructor: 10/14 - Kash

Lesson/Drill #1	<u>Review Side Shuffle Development #1</u>	★ ★ ★
	Description	Results

Lesson/Drill #2	<u>Review DM #3 & #7</u>	★★★★★
	Description	Results

Lesson/Drill #3	<u>Begin Pinan 1 - Section 1</u>	★★★★★
	Description	Results

Date / Instructor: 10/21 - George

Lesson/Drill #1	<u>Review Pinan 1 - Section 1</u>	★★★
	Description	Results

Lesson/Drill #2	<u>Teach Kempo Punch Technique - Viper Protects its Lair</u>	★★★★★
	Description	Results

Lesson/Drill #3	<u>Teach Slap Out (Education)</u>	★★★★★
	Description	Results

Date / Instructor: 10/28 - George

Lesson/Drill #1	<u>Review Slap Out (Education) - Begin Slap Out Drills</u>	★★★★★
	Description	Results

Lesson/Drill #2	<u>Teach 8 Point Blocking with Off Counters</u>	★★★★★
	Description	Results

Lesson/Drill #3	<u>Teach Pinan 1 - Section 2</u>	★★★★★
	Description	Results

Date / Instructor: 11/4 - Kash

Lesson/Drill #1	<u>Review Pinan 1 - Section 2 - Teach rest of form if ready</u>	★★★★★
	Description	Results

Lesson/Drill #2	<u>Review Cat Stance Development</u>	★★★
	Description	Results

Lesson/Drill #3	<u>Review Building the Slap Out</u>	★★★
	Description	Results

LESSON NOTES

Homework:	Practice Pinan 1 - 1st section / Side Shuffle Development V3 & V4
	Description
Lesson/Drill #1	Student did well on 1st sections. Needs to Increase Power and Balance
	Notes
Lesson/Drill #2	Great Job on both DM's. DM 7 will be test ready if accuracy is a little better.
	Notes
Lesson/Drill #3	Student is having some problems knowing which way to spin. Need to review next time
	Notes
Homework:	Continue practicing Pinan 1. Practice Snake Kempo 30X.
	Description
Lesson/Drill #1	Progress made on spin directions. Need to work on punch timing for power more
	Notes
Lesson/Drill #2	Student seems to have a good handle on this kempo
	Notes
Lesson/Drill #3	Taught proper technique and some street applications. Student is a little nervous.
	Notes
Homework:	Work on Slap out Drills (V1-V3) 30x each. Practice 8pt Blocking - Level 3 (V1)
	Description
Lesson/Drill #1	Student is doing better with slap outs. Need to work at home
	Notes
Lesson/Drill #2	Student picked up quickly on these. Needs help coordinating hammer fist
	Notes
Lesson/Drill #3	Student picked up on this much easier. Getting the hang of the directional spins
	Notes
Homework:	Work on Slap out Drills (V4-V5) 30x each. Pinan 1 complete - 30x
	Description
Lesson/Drill #1	Student picked up all of 1 pinan. Some difficulty doing it facing other directions
	Notes
Lesson/Drill #2	Student is able to move through the cat stance well. Needs work on pounce striking
	Notes
Lesson/Drill #3	Student getting a good handle on slapping out. Almost TEST READY
	Notes

STUDIO LESSON PLAN

Date / Instructor: _____

Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
	Description	Results

Date / Instructor: _____

Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
	Description	Results

Date / Instructor: _____

Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
	Description	Results

Date / Instructor: _____

Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
	Description	Results

LESSON NOTES

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

STUDIO LESSON PLAN

Date / Instructor: _____

Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
	Description	Results

Date / Instructor: _____

Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
	Description	Results

Date / Instructor: _____

Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
	Description	Results

Date / Instructor: _____

Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
	Description	Results

LESSON NOTES

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

STUDIO LESSON PLAN

Date / Instructor: _____

Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
	Description	Results

Date / Instructor: _____

Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
	Description	Results

Date / Instructor: _____

Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
	Description	Results

Date / Instructor: _____

Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
	Description	Results

LESSON NOTES

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

STUDIO LESSON PLAN

Date / Instructor: _____

Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
	Description	Results

Date / Instructor: _____

Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
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	Description	Results
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	Description	Results
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	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
	Description	Results

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Lesson/Drill #2

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Date / Instructor: _____

Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
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	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
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	Description	Results
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